

# Basic COVID-19 and Testing Information

## How do I get tested at an HCPH testing site?

HCPH provides free testing to anyone regardless of age, insurance coverage or immigration status. Scan QR Code or visit: [www.covidcheck.hctx.net](http://www.covidcheck.hctx.net)



*COVID-19 testing and care services are not a public benefit under the public charge rule.*

## How does COVID-19 spread?

COVID-19 is a virus that most likely spreads to people who are in close contact (within 6 feet or 2 meters) of a person who has COVID-19. It spreads through tiny droplets that are sprayed when a person sneezes, coughs, sings or talks.

***People who have no symptoms can spread the virus.***

## When and how often should I get tested?

If you have never been tested or if your first COVID-19 test was negative, you should get tested, if you:

- Have symptoms. Symptoms may appear 2 to 14 days after exposure
- Are concerned about possible exposure, even if you do not have symptoms
- Have been contacted or referred for testing by your local health department
- Have had exposure to someone with confirmed or possible COVID-19 infection
- Have spent time in a large crowd or public setting like a bar, restaurant, concert
- Work in a congregate setting like a nursing home, shelter, correctional facility
- Work in a field with direct contact or exposure to the others like a cashier, restaurant, school
- Are planning to travel or visit someone especially if the person is at high risk of severe COVID-19 illness

**\*\*\*There is no limit to the number of times you can get tested for free at a HCPH testing site\*\*\***

## COVID-19 Symptoms

- Fever or chills (Temp. greater than 100°F or 37.8°C)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



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